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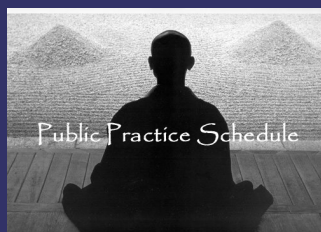
December 2, 2014

[HSZC.org](http://HSZC.org)



Please help support Our Temple,  
Dharma Study, Resident Student  
Program & Our Practice Schedule &  
Programs offered to the Public.

**Donations are tax  
deductible**



**PLEASE NOTE! We are still on  
the study period schedule  
and will move to the [Winter](#)**

## Sangha e-Newsletter 2014



### The mind moon is alone and full

Zen Master Baoji of Panshan said, "the mind moon is alone and full. Its light swallows myriad forms. Moonlight does not illuminate objects. Objects do not exist. Light and objects both disappear. What is this?"

What is said here is the buddha ancestors and buddha heirs always have the mind moon, because they make moon their mind. There is no mind which is not moon, because there is no moon which is not mind.

"Alone and full" means nothing is lacking. Beyond two there is called "myriad forms". Myriad forms are moonlight, not merely forms. Accordingly, "Its light swallows myriad forms." Myriad forms completely swallow moonlight. Here moonlight swallowing moonlight is called "Its light swallows myriad forms." That is to say, the moon swallows the moon, the moonlight swallows the moon. Therefore it is said, "Moonlight does not illuminate objects. Objects do not exist."

Light Retreat schedule as of  
**Dec 3rd (tomorrow)**

Non-Winter Light or Fall Study  
Period standard schedule

**Monday**

\*7:00 am Zazen

\*7:40 am Morning Chanting Service

\*Last Monday of each month, no morning schedule.

6:00 pm Zazen

6:40 pm Evening Chanting Service

**Tuesday- Friday**

6:00 am Zazen

6:40 am Kinhin (walking meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

**Thursdays Study Hour 7:30pm**

**Saturday**

6:30 am Zazen

7:10 am Chanting Service

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social



Since this is so at the moment of awakening others with buddha body, a buddha body comes forth and expounds dharma; at the moment of awakening others with the boundless body, the boundless body manifests and expounds dharma. This is nothing but turning the dharma wheel within the moon. No matter whether the yin and the yang spirit illuminates --- no matter whether the moon is a fire jewel, it is immediately actualized.

This mind is the moon. The moon is itself mind. This is penetrating and comprehending the mind of buddha ancestors and buddha heirs.

From: [Moon in a Dewdrop, writings of Zen Master Dogen edited by Kazuaki Tanahashi](#)



Daiko Tanzen - David Bullock delivering his final talk for the fall study period 11/24/2014. Davis is our Shuso (head student) for this study period at **Hartford Street Zen Center** in San Francisco. David was ordained by HSZC's founder Issan Dorsey.



## Upcoming Events:

**Dharma Talks** - [Rev. Myō Lahey](#) - Dec 5,20, Jan 3,2015 @10:15am

**Guest Speaker Saturdays @10:15am** - December 13 [Kokyo Henkel](#), December 27 [Tokuden Shinki](#), [Mark Lancaster](#)

**Full Moon Ceremony** - Saturday, December 6 @ 11am - the Full Moon before Yule, Full Cold, or Full Long Nights Moon.



weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!  
Thursdays & Fridays

10:30 am zazen

11:00 am garden socializing



weekly meditation group for men & women in recovery from addiction

Fridays, 7:30 pm - 9 pm

**Winter Study Period** - kicked off on Sejiki (October 25) and runs through Rohatsu and the Winter Light 5 day retreat (to December 7th). Look below for details!

**Sangha Council** - Last session: November 8th 2014

**Founder's Memorial** - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

**Winter Light Retreat** (Rohatsu timing) & **Bodhi Day** - The Winter light Retreat Begins December 3rd and ends with a [Bodhi Day](#) Celebration, also marking the end of the Study Period, Sunday Dec 7th. More details on the Winter light Retreat Participation/attendance below.

**Next Board of Directors' Meeting** - Second Wednesdays of the month December 10 @ 7:30pm You're welcome to attend & observe.

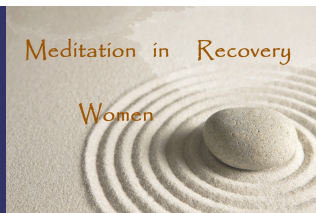
**Study Hour** - (meets again next, Dec. 11th) Thursdays @7:30pm: the Vimalakīrti Sūtra, also called Vimalakīrtinirdeśa Sūtra. There are multiple translations, we focus a bit on the Dr Robert Thurman version, but welcome any version to compare the translations. We can share books for anyone who wants to join in, or feel free to purchase a copy and join us (many are very low cost online). Check our twitter page for any changes in schedule.

**Closure & Schedule Changes coming up!**

No Morning (only) Zazen & Chanting/Service on the Last Monday of every month

December 25th for the Christmas Holiday

**Hartford Street Zen Center's Annual Winter Light Retreat** begins Wednesday evening, December 3, 2014 and ends at noon on Sunday, December 7 after our annual ceremony celebrating Buddha's Enlightenment.



**(Women only)**  
monthly meditation group for  
women in recovery from addiction.

**First Thurs, 7:15 pm -8:45 pm**



**Everyone is welcome to join us for any of the scheduled sittings, talks and services in our zendo** (meditation hall) from 6:00 am until 9:30 pm. [Click here to see the schedule.](#)

If you plan to attend meals and/or stay at our temple, please email [hszc108@yahoo.com](mailto:hszc108@yahoo.com) to sign up or ask additional questions. *Winter light Retreat only (not including the fall study period) attendance is \$85 members \$95 non-members*

### Words From Our Abbot: Rev Myō Lahey

...As we sit here together, it's very human for various processes to be going on and probably if we were to sit her for a while for instance if I were not to speak for some few minutes, eventually we all might think about:

What we did today or what we did doing tomorrow.

Is it a waste of time to come Valley Streams Zen Sangha and sit on a cushion?

In addition to those natural processes it's quite wonderful if you also have the sense that "we have arrived". Or if you like "we are arriving". As you might know, I don't mean that we have some feeling that we recognize as arrival. It's more the case that arrival in a sense of practicing the Buddha Way is like well sorta' like water. Just as in drinking water unless it's from a modern municipal water system, there's isn't any taste particularly, we're accustom to water having no taste, but unless we practice or have some experience with practice were not accustom to recognizing that the mind has not taste.

So instead were much more accustomed to have our attention drawn by the fact that the mind can produce tastes. A tremendous variety of tastes, and so we notice that, all the various flavors, but mostly we don't notice that the mind itself has no taste. And of course by now if you have endured enough of my Dharma talks you know that I mean by body that I mean body-mind-one-suchness; A very old teaching. So this not taste quality of body-mind-one-suchness is, well, one way to understand arriving.

So sitting practice is becoming accustomed to this no taste in the midst of so many whatevers, flavors coming up, over and over again. And yet eventually we recognize that the energy that is constantly committed to producing interesting flavors, can be allowed to fall silent, to be quiet. And then we notice this, well for one thing it no longer seems mind or even body mind is no longer limited to this, what is in the skin.

Because body-mind has no taste that's its essential quality, arriving is happening all the time, every moment. And so our sitting is about savoring that somewhat subtle reality. Usually we use the word savoring when we think about sipping some wine or something and enjoying the taste. "Mmmm enjoying that's very good, I am saving my wine" that taste. So To savor no taste is a little bit, well sounds like Zen double talk and yet it really is what our practice is routed in. With that as the basis you can do all kinds of different things, if you want...

...There are limitless variations like that <<previously described some breathing visualizations or exercises>> and some are very elaborate. But I have grown very fond of the, I guess simple approach, that we call just sitting.

[Valley Streams Dharma talk 07 28 2014](#)

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### Sangha Member Musings

**9 year old "Joe" Fisher** (who was obsessed with Japanese culture):

Id rather be the moon, the earth's moon  
With rays of warm sunlight reflecting off of me  
Casting late night shadows  
And shining through spaces in trees

A sign In summer of the end of a long day  
at Halloween a frightening symbol of things in the night  
In Winter Id be a snow sparkler and  
in Spring a sign and a reminder of blossoms about to appear

**42 Year old Keido - Joseph Fisher**

I am the moon,  
warm rays, sunlight, a sparkle, a sign and symbols  
and when I forget I am, shining space and  
a blossom appears;  
that grows into a tree  
which creates the moon

## Prisoners who are Buddhist or Buddhist Interested, need you!

*From Rev Jeffrey Schneider of SFZC:*

Every month we get letters from prisoners all over the United States, asking for information about Buddhist practice, for books and to be connected with a Buddhist pen pal. Every letter is answered personally, books and articles are sent out at no cost (both to individuals and to prison libraries) and we make every effort to pair prisoners and volunteer pen pals.

I am writing to ask that you make known to your sangha members <<you!>> the opportunity to participate in this work by becoming volunteer pen pals. As our prisoners are spread out across the country, so are our volunteers. All letters come to SFZC and are forwarded to the volunteer. The identity and location of the pen pal is protected.

As someone who has been a pen pal for many years, (long before I assumed the position of coordinator), I can attest that the opportunity to make a positive difference in the life of another person, at so little cost to myself in terms of time and effort, is a rare gift. I have received many times what I have given.

To offer the gift of support to another Human being and build a friendship through written correspondence, please reach out to Jim Shalkham at:  
[jim\\_shalkham@yahoo.com](mailto:jim_shalkham@yahoo.com)

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### Other Holidays or LGBTIQ Events:

**Bodhi Day!** - Dec 8th

**Human Rights Day** - Dec 10

**Arba'een or Chehelom** - Dec 12

**Chanuka** - December 16-24

**Winter Solstice** - Dec 21

**Christmas** - Dec 25th

**Kwanzaa Begins** - Dec 26

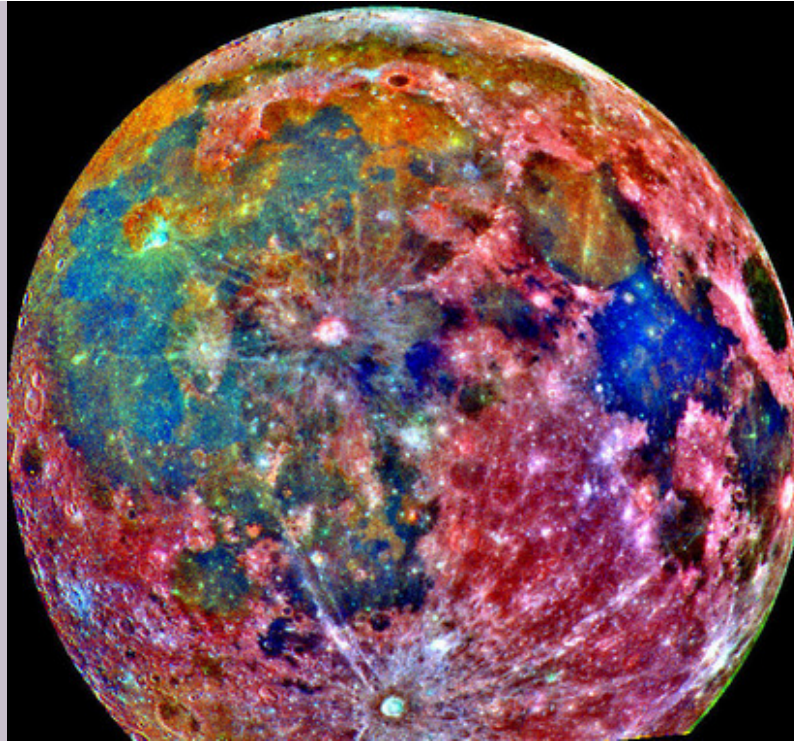
**New Year's Eve** - Dec 31

**New Year 2015** - Jan 1, 2015

**Additional LGBTQI Events** - OR - **found Here**

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Seeking a **LGBTIQQ**, **Buddhist** space **for your wedding**? HSZC & Abbot Rev. Myō Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myō can perform weddings! Please email [hszc108@yahoo.com](mailto:hszc108@yahoo.com), call us, or a better way yet is to stop in & discuss



during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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*May this newsletter find you well & equanimous! \_\_/|\\_\_*

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